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Bangalore Mirror

TEMP Max 37 | Min 22 | Humidity 73% Partly cloudy sky Sensex 74,227 | Nifty 22,514 | Gold 70,470 | Silver 79,750 | Dollar 83.43 | Euro 90.70 | GBP 105.60

Residents report absence of mobile phone signals within 500-m radius of prison as cellular jammers kill network

UNPLUGGED

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Residents in and around Parappana Agrahara have been experiencing a lack of connectivity as their mobile phones remain 'not reachable'.

They attribute this issue to the installation of powerful jammers by the nearby Parappana Agrahara jail, which is blocking mobile phone signals in the area.

Rangaswamy, the vice-president of Venkatadri Layout Association, voiced deep concerns regarding the impact of the installed jammers on the residents.

He highlighted the challenges faced during emergencies, stressing the inconvenience of having to travel long distances just to make a simple phone call.

"This situation has led many residents to question their urban living experience, as the inability to access

CONTINUED ON PAGE 8 »

> "Discussions are underway amongst affected individuals about potentially boycotting upcoming elections
> — Vijay Kumar, industrialist

CITY / PAGE 5

EXCESS PACKAGE

Why receive items ordered online without extra packaging

Hyundai EXTER with more than 40 safety features*.
Think outside. Think EXTER.
Price Starts @
₹6.12 lakh*
Test Drive the Hyundai Exter before you decide on any car

Voice enabled smart electric sunroof

Dashcam with dual camera

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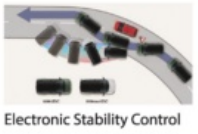
Electronic Stability Control

6 Airbags standard

Spacious interior

Specifications / Features	Hyundai Exter SX (O) Connect MT Dual Tone	Tata Punch Creative Flagship MT Dual Tone
Height	1,631mm	1,615mm
Wheelbase	2,450mm	2,445mm
Bootspace (litres)	391	366
Dashcam	Dual View	NO
Airbags	6 Airbags	2 Airbags
Rear Middle Three Point seatbelt	YES	NO
Electronic Stability Program (ESP)	YES	NO
Hill Hold Control	YES	NO
Traction Control System (TC/TCS)	YES	NO
Anti-glare Mirrors (IRVM)	Electronic	Manual
Alexa Compatibility	YES	NO
Shift Indicator	YES	NO
Touchscreen Size (CM)	20.32	17.8
Wireless Charger	YES	NO
Multiple Language UI digital cluster	YES	NO
Offline Navigation in Infotainment	YES	NO
Nature of Sounds	YES	NO
Telematics Connectivity	60+ Connected Features	40 Connected Features
Seat belt reminder in second row	YES	NO

Hyundai EXTER EX Price starts @ ₹6 12 800*

Tata Punch Pure Price starts @ ₹6 12 900*

*Terms and conditions apply. Ex showroom price. Features and specifications may vary. Source: From Carwale and respective manufacturer's product brochures. For more details visit your nearest Hyundai showroom.

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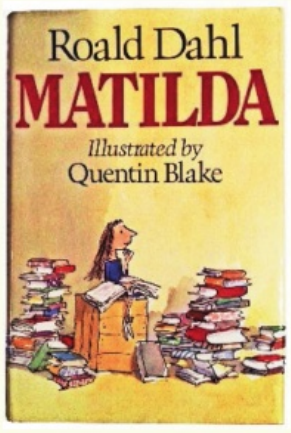
3 THINGS TO DO

01 Fashion hunt

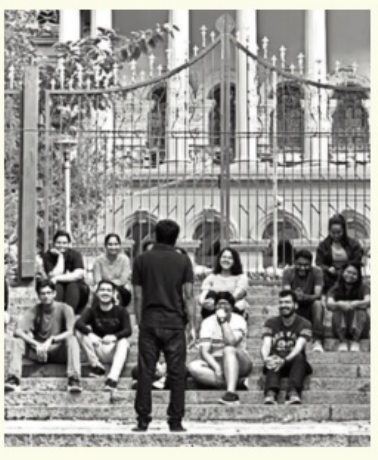
Make a style statement and polish your look with a stunning new range of designer wear, jewellery, bridal wear, fashion accessories, and much more at the 'HI Life Exhibition' this April. Shop from the trendsetting fashion collections, including casual wear, gold and precious stones, footwear, bags, clutches, formal and ethnic wear, kids wear, shawls and stoles, skin care, designer suits and sarees, paintings and pottery, stationary, aroma and mural collections, hair and spa essentials, wall hangings, torans, diya and candles, stationery, trousseau packing, and many more to explore.
When: April 7 to April 9, 10 am to 8pm
Where: The Lalit Ashok

02 Stories of Matilda



Join for an exciting journey into Roald Dahl's beloved classic 'Matilda' with an interactive workshop by SkilLit Readers tailored for children aged 8 to 13. This engaging two-hour session promises an immersive adventure through music, writing, role-play, and more, exploring the intricate characters and profound themes of friendship, the power of education, and individuality.
When: April 7, 1:30 pm to 3:30 pm;
Where: Atta Galatta

03 Comics at Cubbon



Earthlings Comedy Theatre brings you 'Stand-Up Comedy open mics' in Cubbon Park on Sunday mornings. Support and watch the budding stand-up comedians from Bengaluru, test out their new and old material, and make you laugh your hearts out every Sunday near the stairs opposite the High Court of Karnataka, inside the park. **When: Every Sunday from April 7 to April 28, 8:30 am; Where: Cubbon Park**

NET rankings can fetch PhD seats from 2024-25

UGC introduces changes to the PhD admission process

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After pan-India entrance tests for medical admissions, the Centre now plans a unified entrance test for PhDs as well. In a recent development, the University Grants Commission (UGC) has announced changes to the admission process for PhD programmes in Indian universities. These changes aim to streamline the admission procedure and provide a more standardised approach for students seeking admission to doctoral programmes.

UGC secretary Manish Joshi said that under the current regulations outlined by the UGC (Minimum Standards and Procedure for Award of PhD Degree) Regulations, 2022, students qualifying for fellowships and scholarships in UGC-NET/UGC-CSIR NET/GATE/CEED and similar national-level tests are eligible for admission to PhD programs based on interviews conducted by universities.

Recognising the complexity and burden of multiple entrance tests conducted by higher education institutions (HEIs), the UGC has taken steps to simplify the process. This decision aligns with the goals set forth in the National Education Policy (NEP) 2020, aiming to create a more accessible and efficient education system. However, students are not happy with a unified entrance test. "Even though the UGC claims that a unified test may bring in more quality, each university has its own diversity, and it will be tough for the local students to compete with the pan-India test," said a student.

In its 578th meeting held recently, UGC decided that starting from the academic session 2024–25, the NET score can be used for PhD admissions in place of multiple entrance tests conducted by different universities and HEIs. "The National Eligibility Test (NET), conducted by the National Testing Agency (NTA), is currently utilised for awarding Junior Research Fellowships (JRF) and determining eligibility for assistant professor positions for master degree holders. With the new changes, NET scores will also be considered for PhD admissions. The UGC has categorised NET-qualified candidates into three categories based on their eligibility for JRF, assistant professorship, and PhD admissions. For Category-1 candidates, admission to PhD with JRF and an assistant professorship is possible. Category-2 candidates are eligible for assistant professor posts and PhD admissions, while Category-3 candidates are eligible for PhD admissions only," he added.

The NET exam results will now include percentiles along with the marks obtained by candidates, providing a comprehensive evaluation metric for PhD admissions. Additionally, JRF-qualified students will undergo an interview process as per UGC regulations. For Category-2 and Category-3 candidates, test scores will have 70% weight and 30% for the interview or viva for PhD admissions. The validity of NET marks for Category 2 and 3 candidates for PhD admissions will be one year from the date of the exam.

Earlier, the Ministry of Education and UGC had entrusted NTA with the responsibility of conducting the Common University Entrance Test (CUET) for admission into undergraduate programmes in Central Universities (CUs), along with other participating universities, institutions, organisations, and autonomous colleges, since 2022. "The CUET (UG) offers a unified platform for students aspiring to join any of the CUs or other participating organisations, including the state, deemed, and private universities across the country. It's noteworthy that the list is dynamic and continuously updated on the website. In CUET (UG) 2023, approximately 15 lakh students participated. Registration for the academic year 2024–25 is ongoing, and students are encouraged to register through the official website. It is imperative that students are well-informed about the registration process and the advantages of this exam," added Joshi.

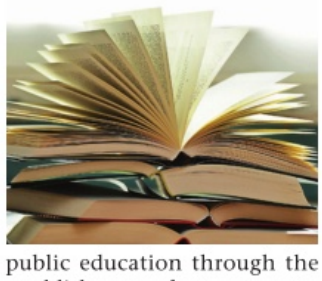
> **"Each university has its own diversity, it will be tough for the local students to compete with the pan-India test** – a student

Students' union seeks 10-30% budget for education

The All India Democratic Students' Organisation (AIDSO) released a student education manifesto in the background of the upcoming Lok Sabha elections. It demanded that the education policy of the founders of India's Renaissance movement, Ishwara Chandra Vidyasagar, Savitribai Phule, and freedom struggle revolutionaries Netaji Subhash Chandra Bose and Bhagat Singh, be implemented in the country.

Ashwini KS, state president of AIDSO, released the manifesto containing the aspirations of the students of the state and said, "The students should get scientific, secular, and democratic education, which should also reach the students from the lower end of society." They have put forward a comprehensive set of demands aimed at reforming the education system. They advocate for the withdrawal of the undemocratically imposed NEP-2020 and the formulation of a pro-people education policy.

Central to their demands is the allocation of significant budgetary resources, with calls for 10 per cent from the central budget and 30 percent from the state budget to be earmarked for education, ensuring scientific, secular, democratic, and free education for all. They also emphasise the importance of preserving government schools, halting closures under the guise of mergers, and instead investing in their infrastructure and expanding



public education through the establishment of more government institutions. The students stress the need for adequate hostel facilities, proper distribution of educational grants and scholarships, and the abolition of the undemocratically imposed four-year degree course.

Furthermore, they demanded fair grants for the midday meal scheme, the prevention of fee hikes in higher education, and the filling of all vacant teaching and non-teaching positions. They called for free coaching for competitive exams in government colleges, and proposed three per cent of the public budget and total GDP to be allocated to research.

The state secretary of AIDSO, Ajay Kamath, said that today, education has become commercialised at all levels and has skyrocketed for the poor. "The government is shirking the financial responsibility of education by making public educational institutions financially autonomous under NEP 2020. Further, narrow and regressive ideas like caste and religion are being brought to the fore in education." **— BMB**

₹3/km: How far can a child rights panel member go?

KSCPCR members face financial hurdles and tour restrictions, urge revision of travelling allowance as they strive to monitor children's welfare across districts

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Karnataka State Commission for Protection of Child Rights members face restrictions on the number of tours they can undertake. A member cannot take more than 10 hours to visit five districts in a month. This limitation poses challenges when child rights violations occur after completing the allotted tours for the month

Members of the Karnataka State Commission for Protection of Child Rights (KSCPCR) play a key role in monitoring children's rights and welfare in the state. The KSCPCR has six members, and each of them is assigned five to six districts. They must travel from one district to another when violations of children's rights occur.

They require funds to travel between the assigned districts, whether by bus or cab. However, the KSCPCR is unable to provide the necessary travelling allowance (TA). A KSCPCR member is eligible to receive Rs 3 per kilometre for TA, while the minimum auto-rickshaw fare is fixed at Rs 15 per kilometre in Bengaluru, with rates varying in other district headquarters.

Raghavendra, a former KSCPCR member from Bellary, expressed his struggle, stating, "I borrowed money for touring five districts whenever child rights violations took place. The amount fixed by the KSCPCR for TA is too meagre and was also not paid on time, compelling me to borrow money from friends and well-wishers. Now, I have quit as a member of KSCPCR."

Shashidhar Kosambi, a KSCPCR member in charge of Bidar, Yadgir, Bellary, Vijayanagar, and Vijayapura, faces significant expenses travelling from Bidar to Bellary. He remarked, "I am finding it difficult to meet the travelling expenses. I continue in this post because I consider it a service towards children. Most KSCPCR members are spending money from their pockets for travel between districts."

It is shocking to learn that KSCPCR members have yet to receive TA amounts from December 2023. They question how the KSCPCR or state government expects them to visit districts without clearing the pending TA amounts for the last four months.

Furthermore, KSCPCR members face restrictions on the number of tours they can undertake. A member cannot take more than 10 hours to visit five districts in a month. This limitation poses challenges when child rights violations occur after completing the allotted tours for the month.

KSCPCR Chairman Naganna Gowda acknowledged the need for TA revision, stating, "I wrote a letter to the state government to increase the TA from Rs 3 to Rs 9 per kilometre. I am yet to receive a reply from the state government."

Construction site murder: Man arrested

A young man has been detained by Bengaluru authorities in connection with the assault and killing of a 55-year-old woman. The victim, originally from Raichur but residing in Bengaluru for the past year, was found deceased at a construction site after leaving her residence to visit a liquor store. According to law enforcement, the post-mortem examination revealed evidence of sexual assault. Surveillance footage led to the arrest of a suspect, hailing from Gorakhpur, Uttar Pradesh, who was observed trailing the victim from the same liquor establishment. During interrogation, the accused purportedly admitted to the crime. **–BMB**

Traffic police honours 'Neer Saab'

The Bengaluru Traffic Police (BTP) have found the unidentified man providing water to traffic police on duty and have felicitated him for his kind service. A video of Syed Mujeeb, popularly known as 'Neer Saab,' providing a water bottle to traffic police went viral recently. The 60-year-old has been giving water bottles to traffic police designated to man vehicles on the Hebbal stretch. The BTP has taken note of the matter and has felicitated his good work.

Shree Ram, a BTP traffic warden and ambulance volunteer, posted a video on X (formerly Twitter) and said that Syed began giving away bottles since he became an eyewitness to a fatal accident that took place near a U-turn on the Hebbal flyover. While the U-turn was always manned by a traffic police, on the particular day of the accident, the designated police had left his space to drink water. Since then Syed has been giving away water bottles to ensure the spot is manned without any disturbances and fatal accidents are avoided. **–BMB**

Cholera in city? BBMP says not so, docs suggest otherwise

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With peak summer and shortage of pure drinking water, the city is now at the risk of a cholera outbreak. A few of the private hospitals have been reporting a 50% rise in Cholera cases in the city.

BBMP health officer Dr Syed Sirajuddin Madni said, "On March 30, a 27-year-old woman from Malleswaram was admitted to a private hospital exhibiting symptoms of diarrhea and vomiting. The attending doctor at the private hospital suspected cholera and notified the nearest city primary health centre. Initial tests showed a positive indication of cholera, but subsequent laboratory tests, particularly the stool sample examination, returned negative results. It's worth noting that the suspected patient had not recently traveled, visited affected areas, or consumed food from outside sources."

However, private hospitals claim that they are witnessing a surge in cholera cases. Dr. Sreehari D (Sparsh Hospital) said, "We have been seeing a 50 % spurt in cholera cases for the past few days with an average of at least 20 cases per day. Poor sanitation and contaminated water sources are reasons for this surge. Moreover, overcrowded living conditions and limited access to water and proper hygiene facilities can worsen the spread of the disease." Adding to this, Dr. Chetan Ginigeri (Aster CMI Hospital) said as the scorching summer months approach, the threat of cholera looms large. "Cholera, a waterborne disease, becomes more prevalent during this season due to a combination of factors including increased temperatures and dehydration. It is an infectious illness instigated by the bacterium known as Vibrio cholerae. It spreads primarily through contaminated water and food," he explained.

Madni said the BBMP has initiated comprehensive surveillance activities. "The health team from the corporation will conduct thorough surveys of 165 households near the residence of the suspected patient." Surolkar Vikas Kishore, Special Commissioner, Health, BBMP added, "Health Officers and Medical Officers have been given instructions to establish Rapid Response Teams."

Free Health Checkup Camp

A Free health check up camp for neurology and spine disorders is organized at sanjeevini hospital, mahalakshmi layout last bus stop, Bangalore. **DATE: 06-04-2024 SATURDAY TIMINGS-10AM TO 3PM Eminent Neuro surgeons- Dr. Raghu Ram and Dr Sankalp** will be conducting the camp. All are informed to ultilise the services who are mainly suffering from Back pain , Brain tumors, Neck pain, paralysis, tingling, numbness etc.

SANJEEVINI HOSPITAL

For Registration Contact – 90151 15511
SANJEEVINI MULTI-SPECIALITY HOSPITAL
No. 761, mahalakshmi layout last bus stop,
7th Main, Bengaluru - 560 086
www.sanjeevinihospital.com

Forest Dept addresses illegal activities in Kali Tiger Reserve

Wildlife activists raise concerns prompting investigation into safari operations, construction projects, and tourism activities allegedly violating conservation guidelines

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Kali Tiger Reserve

Higher officials in the Karnataka Forest Department (KFD) have ordered an inquiry regarding alleged illegal structures and various unauthorised tourism activities inside Kali Tiger Reserve. In a letter written to the Deputy Conservator of Forest of the reserve, the Additional Principal Chief Conservator of Forest (APCCF) of KFD has sought a report on the issues. This is after BM carried out a news report highlighting concerns raised by wildlife activists and conservationists about some construction and infrastructure development activities in the core areas of Kali. They had alleged that the construction was happening without approval from the authorities concerned.

The department had also received a written complaint from a city-based conservationist about the issue. Based on the complaint and news report that was published on February 5, APPCF has directed Kali Tiger Reserve authorities to investigate matters such as safari being conducted in the Castle Rock area, construction of an orchidarium inside the reserve by felling trees, canopy walk being held in castle rock area, boat safari in kali river backwaters, demolition of nature interpretation centre and construction of table tennis counter inside the reserve, tourists to Blue Waterfall in Anshi and alleged unauthorised trekking routes in Castle Rock. Nilesh Shinde, DCF, Kali Tiger Reserve, confirmed the news and told BM that an investigation on all points raised by APCCF is underway.

"The letter has sought reports on multiple aspects and thus the investigation is taking time. We have received ten queries from APCCF. The illegality of these structures and activities can be ascertained only after due investigation," said Shinde.

Time and again, conservationists have alleged that many activities inside the reserve are being conducted without due approval. As per Project Tiger Guideline 2012, no new tourism infrastructure development activities should be taken up in and around tiger reserves without due approvals. In case any such activity is desired, it has to be mentioned in the tiger conservation plan to be approved by the National Tiger Conservation Authority (NTCA).

"The safari and canopy walk in the Castle Rock area are not mentioned in the tiger conservation plan. Similarly, an orchidarium has been constructed inside the reserve by felling trees without approval from the authority concerned. Boat safari is being conducted in Kali River backwaters even though it is not a tourism zone. All these activities have also led to many resorts within a one-kilometre radius outside the reserve, impacting wildlife and the pristine ecosystem in various ways," said a wildlife conservationist on condition of anonymity.

They also allege that after the issue of tourism activities at Blue Waterfall in Anshi was highlighted through news reports leading to suo moto by the National Green Tribunal (NGT), the authorities have now labelled it as a protection camp.

Earlier this year, the principal bench of NGT had initiated a suo moto case regarding the construction of a structure in the core area of Kali Tiger Reserve. After NGT's action, the State of Karnataka clarified in front of the tribunal that the alleged construction has nothing to do with tourism but is a protection camp created by the Forest Department to prevent poaching and illegal felling of trees in the core area.

Conservationists also allege that after the issue of tourism activities at Blue Waterfall in Anshi was highlighted through news reports leading to suo moto action by the National Green Tribunal (NGT), the authorities have now labelled it as a protection camp

BM published a story on concerns raised by wildlife activists and conservationists about construction and infrastructure development activities in the core areas of Kali

Directors of Aircraft Employees House Building Co-operative Society disqualified

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TWEETS @BangaloreMIRROR

The Aircraft Employees House Building Co-operative Society Limited (AEHBCSL) is once again making headlines for all the wrong reasons. AEHBCSL first gained attention in May 2023 when the Karnataka High Court Division Bench sentenced six of its directors to three months' imprisonment for violating the High Court's interim order passed in 2016.

The High Court, in an interim order, directed the directors of AEHBCSL not to sell sites to non-members. Acting on a writ petition by M Shashidharan and V Muniyappa, the High Court Division Bench imposed a three-month prison sentence and a fine of Rs 2,000 on each of the six directors in May 2023. The High Court further ruled that if they failed to pay the penalty, the directors would face an additional 15 days' imprisonment. It was reported that the respondents sought a stay order from the Supreme Court.

Justice Anand Byrareddy of the Karnataka High Court, responding to a petition filed by Siddaiah and seven others, issued an interim order on March 10, 2016, restraining AEHBCSL from making any allotments of sites. In the meantime, the Joint Registrar of Cooperative Societies, Bengaluru, issued an order on March 25, 2024, disqualifying seven directors of AEHBCSL due to irregularities. Under Section 29-C of the Karnataka Cooperative Societies Act 1959, M Santosh, KS Vijayakumar, K Bhoopala, CH Shankar, Somanna, SN Shivamurthy, and TP Dayananda Reddy were suspended.

With the disqualification of seven directors, AEHBCSL lacks a quorum, as it now only has six directors who are unable to make any decisions. The total number of directors should be more than six for AEHBCSL to conduct day-to-day operations or make decisions. The Joint Registrar of Cooperative Societies has superseded the managing committee of AEHBCSL and appointed cooperative officer T C Vijayakumar as the administrator for a term of six months. Meanwhile, Siddaiah, a member of AEHBCSL and one of the eight petitioners stated that the directors violated the High Court's interim order regarding the sale of sites to non-members. "We have lodged a complaint with the Joint Registrar against the directors of AEHBCSL for violating the High Court's interim order. After conducting an inquiry, the Joint Registrar has disqualified seven directors of AEHBCSL for five years, prohibiting them from participating or joining any cooperative society," Siddaiah added.

whatsapp MIRROR
9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

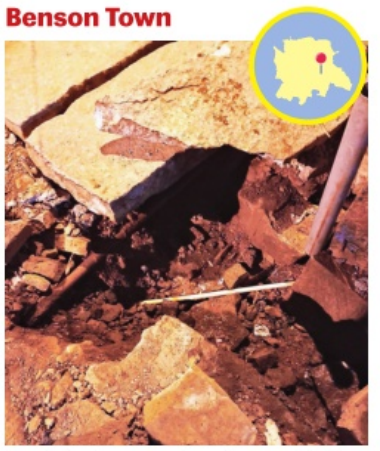
Footpath encroached
Frazer Town

A restaurant in Frazer Town has placed their stall on the footpath on Mc Pherson Road in Cooke Town.

Illegal parking
Bellandur

Vehicles are occupying the road and pavement near an apartment complex on Margosa Avenue, Greenglen Layout.

No water here
Benson Town


The development work near Talha Mosque in Byadarahalli has resulted in a narrow access road, leading to water wastage due to severed connections in pipes. People are desperate for water and here it is being wasted.

IN BRIEF

BEML & BEL tie up for train control system

Bharat Earth Movers Limited (BEML) and Bharat Electronics Limited (BEL) on Thursday said they have signed a Memorandum of Understanding (MoU) to jointly develop an indigenous Train Control Management System (i-TCMS), aimed at what they called "revolutionising" rail communication technology.

Calling it a "pioneering collaboration" between two of India's major defence PSUs, Bengaluru-headquartered BEML and BEL said they aim to drive innovation and foster self-reliance in the critical domain of train control management systems.

The MoU was exchanged in a ceremony held at BEML headquarters here, attended by BEML CMD Shantanu Roy, and Manoj Jain, Director (R&D) representing BEL, a joint release said. The objective of this partnership is to identify potential areas of cooperation between BEML and BEL, with a focus on exploring the joint development of high-value products and solutions tailored to the requirements of Indian Railways and Metro systems, it said. —PTI

After 20-hour-long effort, boy rescued from borewell

After a nearly 20-hour-long operation, the two-year-old boy who fell into an open borewell in Lachyana village of Indi Taluk in this district was rescued on Thursday afternoon, police said.

The child, Satvik Satish Mujagond, was heard crying inconsolably as the rescue operation was underway since Wednesday evening.

Celebrations broke out as he was pulled out from a depth of 16 feet inside the borewell.

"He was immediately shifted to the ambulance stationed at the spot with a medical team. No visible injury marks were seen on his body when he was taken out of the borewell," said a senior police officer.

Chief Minister Siddaramaiah said the efficiency of the staff and public who worked round the clock for the protection of the child is commendable.

Police said the child was shifted to a hospital at Indi where he was given preliminary treatment and was later shifted to a district hospital. The empty borewell into which the child fell was dug on Tuesday.

A 32-member team drawn from the Fire and Emergency Services department along with National Disaster Response Force (NDRF) and State Disaster Response Force (SDRF) personnel were involved in the rescue operations.

Chief Fire Officer (Hubballi), Ravi Prasad told PTI that the presence of hard rocks was a major challenge faced by the team while digging a parallel trench to rescue the child.

"Our Indi fire station received a rescue call on Wednesday at 6.15 pm. Our team with a water tender immediately went to the spot. Immediately our staff tied a knot to the child's feet with a rope so the sliding of the child could be stopped. This was a major advantage to us.

Minister for Large and Medium Scale Industries MB Patil, who is in charge of Vijayapura, urged people to not neglect empty borewells and make proper arrangements to ensure that such incidents are not repeated in future. —PTI

Pet Fiesta

A fun day out with our most loved furry friends — what's not there to love? If you want to celebrate your beloved companions and show them off and connect with other pet lovers in the community, here is your chance.

All you have to do to win free passes for this super pawsome event is let us get to know you better. Send us the best pictures of your pets 9 (as some readers already have) and win a chance to be a part of this show. Hurry up!

The best 30 will get a chance to be a part of **Pet Fiesta** to be held at Jayamahal Palace on **April 7.**

Please send us your name, age and area of residence along with the pictures on our email id **mybangaloremirror@timesgroup.com** or **whatsapp** it to us at **9591233247.**

We like: Parcel sans packing paraphernalia

Study shows 69% of us are happier to receive items ordered online without extra packaging – that reduces carbon footprint all around

Rachana Ramesh
c-rachana.ramesh
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TWEETS @BangaloreMIRROR

Seven out of 10 (69%) of Indian adults would be happy for items they order online to arrive without added delivery packaging, according to a study commissioned by Amazon. The findings are released as more and more essential items – such as toilet rolls and pallets of beverage drinks – are being delivered to Indian shoppers without additional product packaging from Amazon. Solid Waste Management (SWM) experts have noted that if a policy of no added delivery is implemented, it would help resolve a number of waste problems.

More than half (55%) of Indian shoppers surveyed said the reason they would be happy to receive online purchases without added-delivery packaging is to reduce the consumption of packaging materials. No added packaging can mean shipments are lighter, which leads to reduced delivery emissions per package, and means customers don't need to recycle an additional cardboard box or paper bag.

Among the items people are happiest to receive in the manufacturer's original packaging – with just an address label added – are clothing apparel (34%), detergent (30%) and stationery (30%). The research found that the items customers would be least happy to receive without additional packaging include contraceptive devices, haemorrhoid cream and bikini wax strips as well as some high value items such as mobile phones and laptops, which are excluded from Amazon's reduced packaging programme. The research also found that one in 10 Indian shoppers would be happy to have everything they order online come without added delivery packaging.

"It's heartening to hear that 69% of consumers have opted for minimal packaging which reflects a collective consciousness that has been negatively impacted by the garbage crisis on the one hand, and positively by the various awareness campaigns pushing for sustainable SWM on the other. Looks like the latter is bearing fruits and for all the right reasons," said Savita Hiremath, a member of Solid Waste Management Round Table (SWMRT) and author of 'Endlessly Green: Solid Waste Management for Everyone'.

She explained that packaging waste is a global issue with the packaging industry generating approximately 141 million metric tons of waste annually, with a significant portion of it coming from e-commerce packaging alone. Studies have also shown that packaging contributes to approximately 1/3rd of municipal solid waste, globally, she noted, citing sources.

> **Shoppers must be aware that they can opt out from receiving excess packaging. They must try to club orders together**
>
> –Odette Katrak, Beautiful Bharat

"When the crisis is so deep, switching over to no extra packaging, or even sustainable delivery practices is the only way forward. By leveraging the customer feedback as laid bare by this survey and embracing minimal packaging initiatives, delivery companies can play a pivotal role in reducing waste and fostering a circular economy mindset," Savitha added.

Odette Katrak, co-founder of Beautiful Bharat, a citizen volunteer group, told Bangalore Mirror that prior to the pandemic, people tried to give up on unsustainable habits, including online ordering as they considered it an unnecessary carbon footprint. However, during covid, a wide range of public got comfortable with the convenience of online ordering. "Despite the current framework, we must strive towards ensuring sustainable ways. Online shoppers must be made aware that they can opt out from receiving excess packaging. Along with this, they must try to club as many as orders together as the cost of transportation will significantly reduce," she said. She further explained that shoppers must make a conscious choice to buy from stores that provide package-less ordering or at the very least, sustainable packaging. "They (shoppers) must also provide feedback to companies on public domain, which will lead them to take notice," she said.

"The percentage of packaging from online orders in apartments has gone up from 20-30% before covid to 60-70% after, which is a significantly higher volume. Therefore, cutting back will largely reduce SWM problems of the city," she added. Along with this, Odette noted that cardboard boxes need to be collapsed for the transporter to efficiently transport it to the next step in the cycle, while reducing the overall carbon footprint. Citizens must also ensure that paper bags are reused multiple times, she said.

Pre-election rally

BJP candidate from Bengaluru South Tejasvi Surya with BJP leader R Ashoka during a rally before filing nominations ahead of the Lok Sabha elections in Bengaluru on Thursday.

PIC: PTI PHOTO/SHAILENDRA BHOJAK

Manjunath vs Manjunath in Rural Bengaluru LS seat

People are wise, they will know I am contesting for lotus symbol, says Dr CN Manjunath

With multiple namesakes in the fray against him in the Bengaluru Rural Lok Sabha seat, BJP candidate Dr CN Manjunath on Thursday said that these are old strategies that "show panic" in the rival camp.

He was speaking to reporters here after filing his nomination papers. "These are very old strategies. I will not call it anything else but strategy. This shows that some people are panicked," Dr Manjunath, a renowned cardiologist who was the director of the government-run Jayadeva Institute of Cardiology, said.

Dr Manjunath has many namesakes as competitors in this election. The nearest is Manjunatha CN, who is a native of Channarayapatna in Hassan district, whose father's name is Nanjundappa. Dr Manjunath's father's name is Nanjappa. The passport photographs of both of these candidates show them in a black blazer and tie.

Other namesakes are Manjunath K from Papareddypalya in Bengaluru, N Manjunatha from Indiranagar slum in Rajajinagar in Bengaluru, and Manjunath C from Shakti Garden in Mudalapalya in Bengaluru.

"People are wise, educated, and thoughtful. They know that I am contesting for the lotus symbol from the national party BJP as an NDA candidate," he said and ruled out the chances of any confusion that the presence of many namesakes would create among voters.

Dr CN Manjunath met the Union Home Minister during his recent visit

Dr Manjunath is the son-in-law of former PM and JD(S) supremo HD Deve Gowda and brother-in-law of former CM HD Kumaraswamy. The BJP and JD(S) entered into an alliance in September last year. While the BJP is fighting the election in 25 constituencies, JD(S) is contesting in three: Kumaraswamy from Mandya, his nephew Prajwal Revanna from Hassan, and M Mallesh Babu from Kolar. However, as part of their seat-sharing agreement between both parties, the BJP decided to field Manjunath as their candidate.

He said that a complaint has been lodged with the Election Commission of India about the distribution of freebies as an allurement to the voters in the B'luru Rural. Questioned about the possibility of his victory, he said that in the 2019 Lok Sabha election, BJP candidate Ashwath Narayana had contested against Congress's DK Suresh with JD(S) as its ally. "Though Narayana fought alone, he got 6.75 lakh votes. This time, the BJP and the JD(S) are together. As per our calculations, we find ourselves way ahead of them (Congress)." **–PTI**

Eshwarappa to contest as independent

Karnataka's former Deputy Chief Minister and senior BJP leader, KS Eshwarappa, has decided to contest as an independent for the Shivamogga Lok Sabha seat.

Eshwarappa announced his decision after he was unable to meet Union Home Minister Amit Shah in New Delhi on Wednesday and returned to Bengaluru on Thursday.

"I have Prime Minister Narendra Modi and Lord Ram in my heart," he stated while speaking to reporters at Bengaluru International Airport.

"Not able to go against the senior leader, I had gone to New Delhi to meet HM Amit Shah. Otherwise, it would have been arrogance on my part. The trip to New Delhi showed that God is with me. HM Amit Shah did not meet me. His office told me he is unavailable. I assume that it is an indication from his side for me to go ahead with my decision to contest as an independent candidate," he stated.

Eshwarappa has also vowed to get BY Vijayendra removed from the post of Karnataka BJP chief

"If Amit Shah had asked me to withdraw my candidature, I would have been compelled to withdraw. He must have spoken to other leaders about it and the questions that I raised with him. He would have been convinced that my struggle is judicious," Eshwarappa claimed.

"I will contest as an independent candidate. The BJP is going to win all 28 seats except for the Shivamogga parliamentary constituency. There, I will be victorious as an independent. If I do not support Prime Minister Modi, I will feel worthless. After securing my victory, I will dedicate my win to him," he stated.

Eshwarappa is miffed with the BJP's decision to deny a ticket to his son, KE Kanthesh, to contest the Lok Sabha polls from Shivamogga. He has also vowed to get BY Vijayendra removed from the post of Karnataka BJP chief. Both Vijayendra and Raghavendra are Yediyurappa's sons.

Eshwarappa is the senior-most BJP leader in the state who built the party from scratch in Karnataka along with Yediyurappa and others.

–IANS

JD(S) leader Kumaraswamy & his wife have Rs 217 crore assets

Former Karnataka Chief Minister HD Kumaraswamy and his wife Anitha have total assets of about Rs 217.21 crore, according to the affidavit he submitted along with his nomination on Thursday as candidate from the Mandya Lok Sabha seat.

The couple declared liabilities of about Rs 82.17 crore. Former MLA Anitha is richer than 65-year-old Kumaraswamy, son of former Prime Minister HD Deve Gowda, with total assets worth Rs 154.39 crore. Kumaraswamy's total assets are worth about Rs 54.65 crore, and he also has assets from HUF (Hindu Undivided Family) in his name worth about Rs 8.17 crore.

Kumaraswamy is a Bachelor of Science (BSc) graduate and has declared himself to be a social worker, politician, and agriculturist. Anitha has business and rental income, as she is an entrepreneur engaged in the business of petrol and petroleum products in the name of Nikhil & Co, and she is a director at Kasthuri Media Pvt Ltd.

Kumaraswamy seeks blessings from his father and former PM HD Deve Gowda on Thursday

Moreover, Kumaraswamy has three pending criminal cases against him. He owns no car but has a tractor worth Rs 12.55 lakh, while Anitha has a car worth Rs 11.15 lakh from Nikhil & Co. He has gold worth Rs 47.06 lakh and diamonds worth Rs 2.60 lakh, while she has them worth Rs 2.41 crore and Rs 33.09 lakh, respectively.

The JD(S) state president has agricultural lands worth Rs 37.48 crore, and his residence at JP Nagar in the third phase is worth Rs 6.46 crore. Kumaraswamy also has a share in a commercial building from HUF, which is worth about Rs 6.97 crore. Whereas, Anitha has agricultural lands worth Rs 28.38 crore and has two commercial buildings worth Rs 35.69 crore, according to the affidavit. **–PTI**

HEALTH TIP: Antioxidants help remove free radicals that can damage cells from the body

Lemons are a good source of vitamin C and flavonoids -- a type of antioxidant

How food preferences are linked to cognition and brain health

From the crispy crunch of fresh veggies to the creamy indulgence of decadent desserts, we all have different food preferences. Our palates develop uniquely, shaped by genetics, culture and personal experiences.

Food preferences play a significant role in shaping our dietary habits. Highly palatable foods rich in sugars, fats and salts often appeal to people's tastebuds and provide immediate satisfaction. However, these foods are typically high in calories and low in essential nutrients, leading to weight gain, and a higher risk of physical and mental health conditions.

Now we have discovered that the food you choose to eat isn't just linked to your physical and mental health, but also to your cognitive function, brain structure and genetics.

A widespread preference for fast food is likely contributing to an increase in obesity worldwide. According to the World Health Organisation (WHO), in 2022 one in eight people worldwide were obese. This rate has doubled since 1990.

Obesity isn't just linked with an increased risk of diseases including type 2 diabetes and cardiovascular disease, but also with a 30-70 per cent higher risk of mental health disorders.

Benefits of a healthy, balanced diet

Our new collaborative study from Fudan University in China and the University of Cambridge in the UK, published in Nature Mental Health, used a large sample of 181,990 participants from the UK Biobank to examine how food choices are associated with cognitive function, mental health, metabolism, brain imaging and genetics.

We examined the consumption of vegetables, fruit, fish, meat, cheese, cereal, red wine, spirits and bread. We found that 57 per cent of participants had food preferences for a healthy balanced diet. This included a balanced mix of all the foods we examined, with no excessive amounts in any category.

We further showed that those with a healthy balanced diet had better brain health, cognitive function and mental health than others. We compared the balanced diet to three other diet groups – low-carb (18 per cent), vegetarian (6 per cent) and high protein/low fibre (19 per cent).

We found that people who ate a more balanced diet had better fluid intelligence (the ability to solve new problems), processing speed, memory and executive functions (a set of mental skills that include flexible thinking and self-control) than the other diets. This also corresponded to better brain health – with higher grey matter volumes (the outermost layer of the brain) and better structured neurons (brain cells), which are key markers of brain health.

Perhaps surprisingly, the vegetarian diet did not fare as well as a balanced diet. One reason for this may be that many vegetarians don't get enough protein. Two healthy, balanced diets for the brain are the Mediterranean and Mind (Mediterranean intervention for neurodegenerative delay) diets.

These promote fish (especially those oily fish), dark leafy vegetables and fresh fruits, grains, nuts, seeds, as well as some meat, such as chicken. But these diets also limit red meat, fats and sugars.

In fact, research has shown that the Mediterranean diet can alter our brains and cognition. One study showed that people showed improved cognition after only 10 weeks on this diet.

Another study showed that following the Mediterranean diet was associated with lower levels of a harmful peptide known as beta-amyloid in the brain. Beta-amyloid, together with tau protein, are measures of the brain damage that occurs in Alzheimer's disease.

Previous studies have also shown that Japanese diets, including rice, fish and shellfish, miso, pickles and fruits, protect against brain shrinkage.

We also discovered that there were some genes that may be contributing to the association between dietary patterns and brain health, cognitive function and mental health. This may mean that our genes partly determine what we like to eat, which in turn determines our brain function.

However, our food choice priorities are also affected by a number of factors, including price, allergies, convenience and what our friends and family eat.

Some people opt for going on diets, which may lead to weight loss, but involve cutting out entire food groups that are important for the brain. While there's some evidence that ketogenic diets (low carb), for example, have beneficial affects on the immune system and mental health, it does seem that balanced diets, such as the Mediterranean diet, is best for overall brain health and cognition.

Ways forward

It is clear that adopting a healthy balanced diet and doing exercise can be good for our brains. But for many people, this is easier said than done, especially if their current food preferences are for very sweet or high fat foods.

However, food preferences aren't destiny. For example, if you reduce your sugar and fat intake slowly and maintain it at a very low level over a number of months, you will actually begin to prefer that type of food.

Establishing healthy food preferences and an active lifestyle early in childhood is vital. Other important techniques are to eat slowly, pay attention to what you eat and enjoy it, rather than finishing a sandwich on the go or while looking at your mobile screen.

It takes time for your brain to register that you are full. For example, it has been shown that consumers generally eat more when watching television, listening to music, or in the presence of others, because the distraction decreases our reliance on internal satiety signals.

Social support from friends has also been shown to encourage adherence to healthy eating habits, as has cognitive behavioural therapy. Distraction is another excellent technique – literally anything you like to do (that isn't eating) could help.

One interesting survey study found that how you set your priorities affects your food choices. If you are keen to remain healthy and to have a physically fit appearance, you will choose healthy foods.

We live in tough economic times. Socioeconomic status shouldn't limit dietary choices, though this seems to currently be the case. Clearly, governments have an important duty to prioritise affordable healthy eating options. This will help many of us choose a healthy diet for either health reasons, reduced food prices, or both.

Now that we know that the food we eat can actually affect our brains and how well we perform cognitively, having a healthy balanced diet is more important than ever.

(Barbara Jacquelyn Sahakian, Christelle Langley, University of Cambridge, and Jianfeng Feng, Wei Cheng, Fudan University, The Conversation)

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Mobile jammer divides residents and jail authorities

CONTINUED FROM PAGE 1

mobile networks creates an atmosphere akin to residing in a remote forest rather than a bustling city like Bengaluru. There is an urgent need for intervention from officials and the government to resolve the issue promptly. Securing reliable communication signals is crucial for ensuring the safety and well-being of the residents, especially during critical situations," he said.

Vijay Kumar, an industrialist, echoed similar sentiments regarding the jammers' impact. He mentioned that previous appeals to the jail authorities for installing jammers restricted to blocking local signals had not yielded any positive outcomes.

"This lack of resolution has left residents frustrated and disillusioned. As a result, discussions are underway among the affected individuals about potentially boycotting upcoming elections if their concerns regarding the jamming issue remain unaddressed. This sentiment reflects the seriousness of the situation and the residents' determination to seek a satisfactory resolution from the relevant authorities," he added.

The residents have reported a complete absence of mobile signals within a 500-m radius of the jail. Despite numerous requests, they have not received any favourable response. This situation has made it challenging for them to communicate with local leaders. Consequently, they are waiting for the local leaders to seek their votes, at which point they intend to demand a resolution to their issues before committing to vote.

A senior official from the jail department explained the rationale behind installing jammers, stating, "We have been receiving complaints about prisoners using mobile phones from their cells for quite some time. Despite implementing strict measures, the inmates managed to smuggle in their phones and even made ransom calls from within the prison. To effectively curb this activity, we opted to install Tower-Harmonious Call Blocking System (T-HCBS), with funding from the government.

The initial phase of installation at Parappana Agrahara has proven successful, completely blocking mobile phone signals in the vicinity. This ensures that even individuals in illegal possession of phones cannot utilise them within the premises."

However, the official acknowledged that residents living near the jail are also experiencing signal disruptions due to the jammers' high intensity, which can block signals within a 100-metre radius. Attempts to lower the intensity of the jammers resulted in them being less effective, allowing prisoners to still access mobile networks. As a result, they are currently exploring technical solutions to address this issue effectively.

The T-HCBS jammers are incredibly potent, capable of blocking even 5G networks, and were installed earlier this year in January. These jammers effectively disrupt both mobile signals and mobile internet connectivity. However, the adverse impact is keenly felt by over 10,000 residents residing in and around the jail vicinity. Communities such as Venkatadri Layout, Erappa Layout, Manjunath Nagar, Sai Layout, and others are experiencing significant difficulties as a result.

Many residents in the affected areas, including employees who work remotely, are facing significant challenges due to the lack of mobile signals and internet connectivity. This situation has forced them to seek alternative locations, such as their friends' or relatives' homes, to carry out their work effectively. The disruption isn't limited to just making calls; it extends to other essential services like e-commerce deliveries, where residents are unable to receive OTPs or communication from delivery agents due to the signal blockage.

Furthermore, residents are finding it difficult to navigate and access information digitally. They are unable to use applications like Google Maps to find directions or explore nearby places when they are within the 500-metre zone around the jail. This limitation has disrupted their daily activities and made it challenging to carry out tasks that require internet access and mobile connectivity.

Parents, particularly those with children engaged in online education, are facing hardships. The students are unable to download class streams or access study materials due to the blockade of mobile internet services. This has hindered their learning experience and added to the frustrations of residents already grappling with the impact of the signal jammers.

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Age no bar... to bounce around

RCB's Maxwell makes funny remark on Virat Kohli

Royal Challengers Bengaluru (RCB) and Australia all-rounder Glenn Maxwell revealed what star batter Virat Kohli is like on the field, saying that he is "like a kid" and it is fun to watch him "bounce around".

RCB has got off to a poor start in the Indian Premier League (IPL) this season, having lost three of their four matches. Virat has been their only in-form batter, with 203 runs in four matches at an average of 67.66, with two fifties. He is the current Orange Cap holder for most runs in the season so far. Other big players like skipper Faf Du Plessis, Glenn Maxwell, Cameron Green, Rajat Patidar etc have failed to perform with the bat.

Maxwell says Kohli is like a kid on the field

Maxwell has scored just 31 runs so far in four innings at an average of 7.75. He has also taken four wickets this season.

> "It is so funny watching him bounce around. I have to sort of remind him to act his age because he is making me look bad as we are from the same age group" –Glenn Maxwell

Speaking on ESPN's Around the Wicket programme, Maxwell said about Virat that he is like a "kid" on the field.

"He is like a kid in the field. It is so funny watching him bounce around. I have to sort of remind him to act his age every now and then because he is making me look bad as we are from the same age group. It is not going well if I am telling you that," said Maxwell.

Maxwell said that Virat has been brilliant coming back in the group and he feels excited being around his RCB mates.

"He has been brilliant coming back into the group and you can see him bounce around. He is pretty excited to be around the RCB boys and just be around the guys, playing well again, running around the field," said the all-rounder.

RCB will next take on Rajasthan Royals in Jaipur on April 6. **–ANI**

200 sixes in IPL for Russell

KKR's all-rounder plays quickfire knock of 41 runs in 19 balls against DC

Kolkata Knight Riders (KKR) all-rounder Andre Russell completed 200 sixes in the history of the Indian Premier League (IPL) during the IPL 2024 clash between KKR and Delhi Capitals (DC) at the YS Rajasekhara Reddy ACA-VDCA Cricket Stadium on Wednesday.

Russell played a quickfire knock of 41 runs from just 19 balls at a strike rate of 215.79 which was laced with four boundaries and three maximums.

During the fixture against the Capitals, Russell registered an outstanding milestone against his name.

The right-hand completed his 200th sixth as he slammed a maximum on the bowling of Mitchell Marsh in the 17th over.

Earlier in the fixture last week, Russell completed 100 wickets in the Indian Premier League (IPL) on Friday.

Russel is currently playing for KKR, and 99 of his wickets have come while playing for the two-time champions.

Russell achieved this milestone against Royal Challengers Bengaluru (RCB) in their IPL clash at Chinnnaswamy Stadium.

Recapping the first innings of the match, KKR skipper Shreyas Iyer won the toss and elected to bat first.

While batting first, the Knight Riders registered the second-highest score in the history of IPL as they went on to score 272 runs for the loss of seven wickets after the completion of the first innings.

The highest scorer for the Shreyas Iyer-led side was Sunil Narine who played a marvellous innings of 85 runs in just 39 balls with the help of seven fours and seven sixes in his innings. Debutant Angkrish Raghuvanshi notched a maiden fifty in the cash-rich league. The right-hand batter scored 54 runs in just 27 balls with

In the end, Rinku Singh played a fiery knock of 26 runs from just eight balls which included three sixes and a four in his innings.

For DC, the highest wicket-taker was Anrich Nortje who snapped three wickets in his spell of four overs where he conceded 59 runs.

Two wickets were grabbed by right-arm seamer Ishant Sharma in his spell of three overs where he conceded 43 runs. One wicket each was bagged by Khaleel Ahmed and Mitchell Marsh in their respective spells. **–ANI**

Your Connect

personal

CHANGE OF NAME

CHANGE OF NAME

I, **LOKESH SRINIVAS,** Residing at No. 130/C, 2nd Cross, East Street, Bangiyappa Garden, Bengaluru-560027, have changed my name to **LOKESH SRINIVASA,** vide affidavit dated: 03.04.2024 before notary RAVI KUMAR .V., Bengaluru.

CHANGE OF NAME

I, **TAHIR IRSHAD,** Residing at No. 66, 5th Main, Giddappa Block, Ganganahalli, Bengaluru-560032, have changed my name to **TAHIR IRSHAD SAMAD,** vide affidavit dated: 03.04.2024 before notary RAVI KUMAR .V., Bengaluru.

I ASWATHANARAYANA PRAKASHGARI MUNTI MADUGU, S/o Prakash Munti Madugu, NO 1236 1ST FLOOR 9TH C Main Road 5th Cross Srinivasnagar Bengaluru - 560050. Have changed my name to ASHWATH NARAYANA only for all future purposes, vide affidavit dated 4th April 2024, sworn before Advocate and Notary ARAVIND PATIL G. G at Bengaluru.

I, CHOKKALINGAM SWAMINATHAN, Residing at No. 26, VMS Layout, Thindlu Main Road, Vidyaranyapura Bangalore – 560097, have changed my name to SWAMYNATHAN CHOCKALINGAM, vide affidavit dated 30/ 03/2024 sworn before notary Venkataramu H G, Bangalore.

I, JANARDHANA CHARY Residing at No.8/63, Opp East West College, Rajareddy Layout,1st Stage, Bharath Nagar, Byadarahalli Bangalore -560091, have changed my name to R JANARDHANACHARI vide affidavit dated 03/ 04/2024 sworn before notary Venkataramu H G, Bangalore.

I, Adengada Annaiah Nanjappa R/o No 8, JMJ Apts, 100 Ft Rd, 275, Defence Colony, Indiranagar, Bangalore-560038 have changed my name to Anil Annaiah for all purposes.

I, Ayushi Vineet Mehrotra D/O, Vineet Mehrotra R/o A-145, Mahaveer Marvel, Kodichikkanahalli Main Road, Bangalore, 560076 have changed my name to Ayushi Mehrotra for all purposes.

I, NIKETA, Residing at No.03 East Street,1st Cross, Shanthinagar, Bangalore-560027 have changed my name to NIKETA RAVILAL THAKKAR vide affidavit dated 03/ 04/2024 sworn before notary Venkataramu H G, Bangalore.

I Shashidhar Rao R/o Suhasini,#11, 9th Main, 10th Cross Srinivasnagar Bsk 3rd stage B'lore 560050 have changed my name minor son's name from Nagarjun Bhounsle to Abhinava Shashidhar Rao B for all Purposes.

I Mohammed Altaf Pasha S/O, Mohammed Ali Chand R/o No 70 2nd Cross Coffee Board Colony Shampur Main Road Bangalore 560045 have changed my name to Mohammed Altaf.

I Pon Aruna Sree Kumaran D/O, Sree Kumaran R/o Villa 388, Icon Laurels, Grand Icon Layout, Kachanaikanahalli, Bengaluru, Karnataka 560105 (vide Affidavit In-ka76050128294437w Dt. 04.04.2024) have changed my name to Pon Aruna Saravanan.

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I, AMEERUNNISA W/o Mahaboob Basha, R/at Mallur main Bazaar, chinnamandem mandalam, Mallur post, Annamayya dist- 516214 have changed my name to POLICE AMEERUN vide affidavit dated: 4/4/2024 Before Notary K.V Mani Bangalore.

I Padmaja Challa w/o Vijay krishna Manyam R/o Vidyaranyapura Bangalore have changed my name from Padmaja Manyam to Padmaja Challa for all future purposes

I, MEARAJ NASAR KHAN, S/o Nasar Khan R/at No. 290, 9th cross, Akkithimmnahalli, Shantinagar, Bangalore – 560027 have changed my name to MEARAJ KHAN vide affidavit dated: 2/3/2024 Before Notary SRINIVAS.D Bangalore.

LOST & FOUND

I Noor Mohamed Budhan working in Sunbiz solutions as a recovery field executive behalf of HDFC Bank Ltd on 20/03/24 I lost my ID card in mandya. I'd card no 230335511600604.if anybody found please contact 8660388301

GET NOTICED

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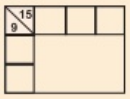
@BangaloreMirror

SOLVE IT IN A MINUTE

10^2÷(4!+(−4^2)+10)) x 3! = ?

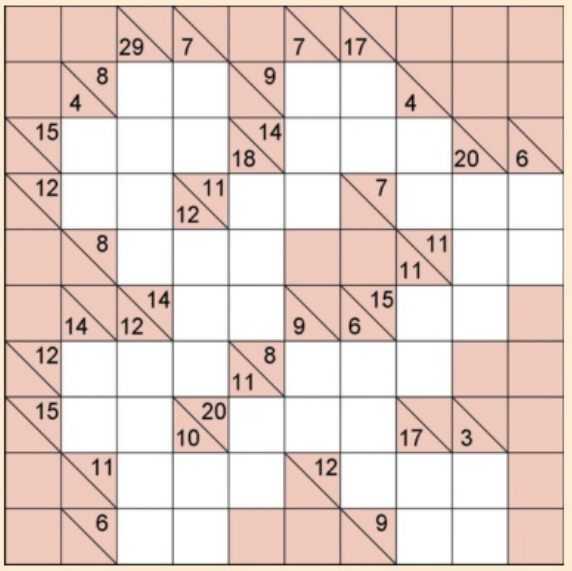
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

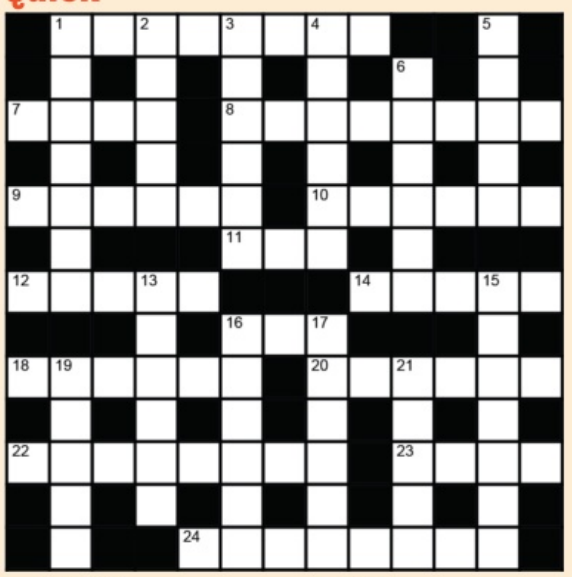


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Hotelier (8)
7 Maulana Abul Kalam ___ : freedom fighter? (4)
8 Rowing a canoe (8)
9 Clear part of the blood (6)
10 Incendiary liquid (6)
11 Fall behind (3)
12 ___ ale : water for drinking? (5)
14 Lawman Earp (5)
16 An insect (3)
18 Delirium (6)
20 Not famous or acclaimed (6)
22 Karnataka Rajyotsava is celebrated on the 1st of ___ (8)
23 Flows back (4)
24 Liberates or releases? (4,4)

DOWN

1 Bewildered, boggled or confounded (7)
2 Foretells, is an omen of (5)
3 Capital of Manipur (6)
4 Lending a hand (6)
5 Cancel or abrogate (5)
6 Careless (6)
13 A primate (6)
15 Capable of being held (7)
16 Cheerio (3-3)
17 Watchmen (6)
19 Very spacious (5)
21 Pointed weapon (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: G EQUALS N

YFRXR VW GM XRQROZ NMX EMKR CTY YM EMKR QMXR.

Linemaro

Do you have a Band-Aid?
Because I just scraped my knee falling for you.

Mindchow

Why do they call it rush hour when nothing moves?

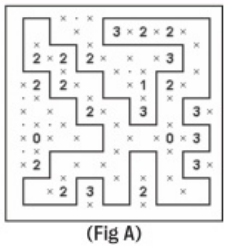
Joke of the day

Q: What does a blonde do when her computer freezes?
A: She sticks it in the microwave.

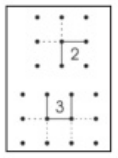
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

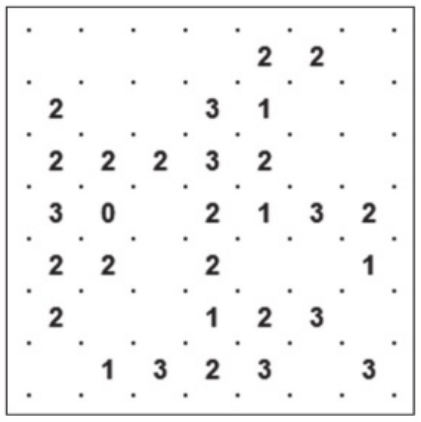


(Fig B) Not Allowed

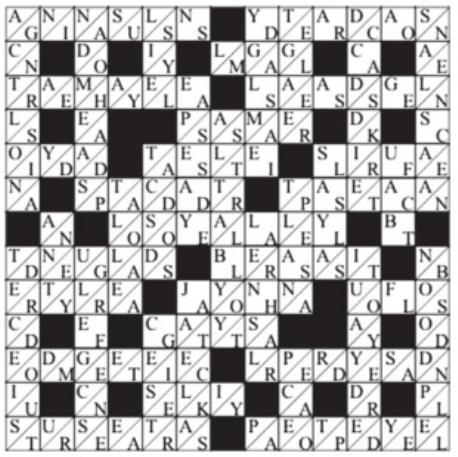
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



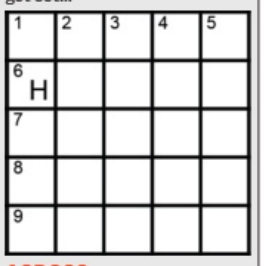
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

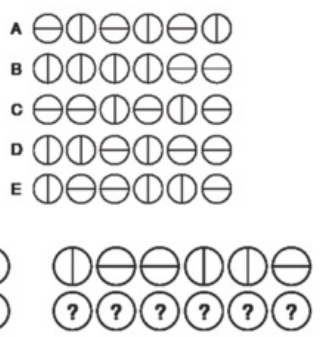
1 Corps; 6 O Hell;
7 Ailed; 8 Me inc;
9 Spate

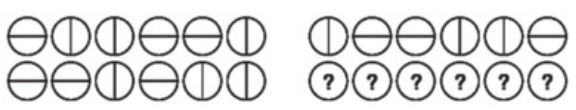
DOWN

1 M chip; 2 Aired;
3 Lento; 4 Calpe;
5 Sloes

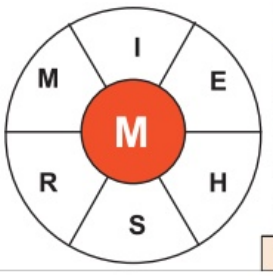
Mensapuzzle

Which set of diagrams below should replace the question marks?





Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; 05 Good; 07 Outstanding

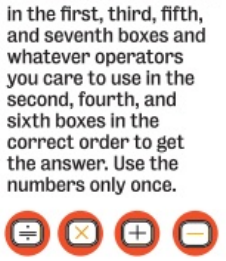
SudokuChallenge

			5	4		3		
	2	3					5	
1					2	7	6	
	3		9	1				
		6				2		
				7	8		4	
	7	1	3					8
	5					4	1	
		4		8	5			

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

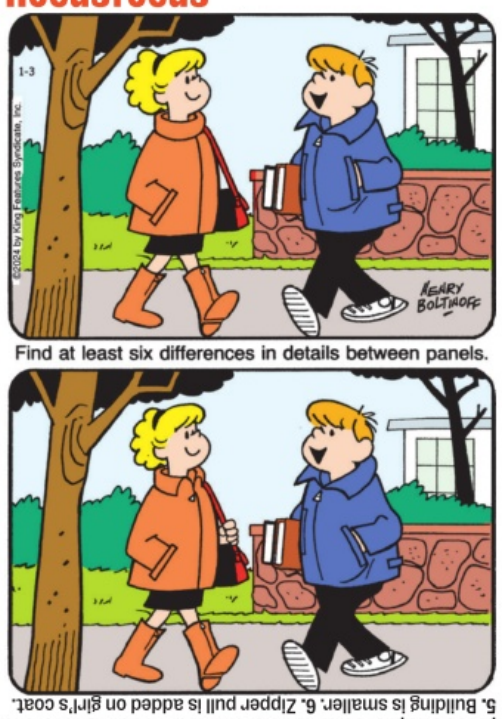


Easy = 20
2 4 5 9

Medium = 50
2 6 6 7

Hard = 10
2 6 8 2

Hocusfocus



Find at least six differences in details between panels.

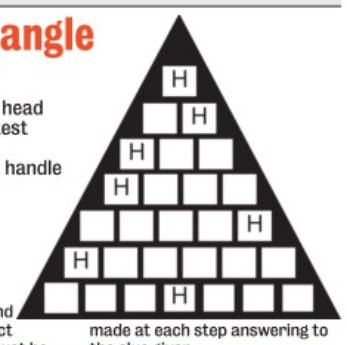
Differences: 1. Pocket is lower. 2. Fingers are showing on purse strap. 3. Collar is different. 4. Girl's hair is different. 5. Building is smaller. 6. Zipper pull is added on girl's coat.

Riddler

What loses its head every morning and gets it back at night?

Alpha triangle

1 Atomic number 1
2 By Jove
3 Covering for the head
4 Preliminary contest
5 Demise
6 Furnished with a handle
7 Dope



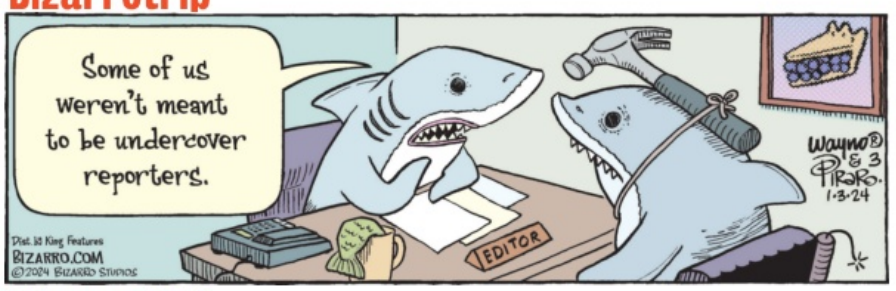
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye

Bizarrotrip

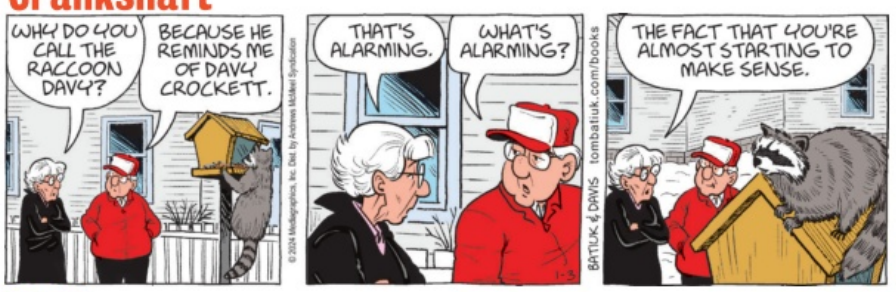


Diamond Lil

Hart of the city

WHY WOULD MIKE HATE ME?! WE BARELY KNOW EACH OTHER! WHAT DID I DO?
YOU ONLY SEE HIM IN HISTORY, SO DOES IT REALLY MATTER IF HE LIKES YOU OR NOT?
OF COURSE IT MATTERS!! IT STARTS WITH ONE KID. THEN THEIR FRIENDS. THEN THEIR FRIENDS!
I DON'T WANT TO BE THE MOST HATED KID IN SCHOOL!!
HEART OF THE CITY © 2024 ANDREWS MCMEEL
@OOMICS.COM/HEARTOFTHECITY

Crankshaft


WHY DO YOU CALL THE RACCOON DAVY?
BECAUSE HE REMINDS ME OF DAVY CROCKETT.
THAT'S ALARMING.
WHAT'S ALARMING?
THE FACT THAT YOU'RE ALMOST STARTING TO MAKE SENSE.
BATIUK & DAVIS
tombatiuk.com/books
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Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may enjoy learning new things, become more savvy, and understand the value of intellectual assets. You may control your short temper, which could facilitate efficient task completion. There may be some chances for smooth earnings, which may give you comfort in the workflow. You are advised to be careful before making new investments in assets. You are likely to spend money in your personal life. Love birds may enjoy their happy moments.

Taurus Apr 21 – May 20
Today, your moon becomes negative, and you may feel negativity around you. You may find your responsibilities to be a burden. You may be in a hurry to complete the tasks given to you and may make silly mistakes. Your working efficiency may slow down, which may affect your day-to-day work. Your projects are likely to be delayed, which may affect your current projects. You are advised to seek guidance from your elders before making any important decisions.

Gemini May 21 – Jun 21
Today, you are blessed by the moon. You may hear good news from your sibling and spend your time with family and friends. With the help of creativity, you may plan to renovate your house or office. You may start new partnerships with the family member, which will be beneficial in the near future. Your subordinates at the office may help you in terms of the project.

Cancer Jun 22 – July 23
Today, you may feel negative and may have incomplete tasks. You may be a victim of mood swings, your patience may be tested many times, and silly mistakes may make you confused about how to complete your work. Love birds may find themselves confused in terms of feelings. High expectations may affect your emotional attachment to your spouse. You are advised to take care of your parents. Students may lose their concentration.

Leo Jul 24 – Aug 23
Today, a positive moon may help you, and you may feel happiness and peace of mind. You may work efficiently in your professional life, and your subordinates may cooperate with you to make some important business decisions. You may plan to start some new venture with the help of your siblings and network, which may be beneficial to the growth of your business. It is advised to take proper rest to maintain your enthusiasm.

Virgo Aug 24 – Sep 23
Today, your moon becomes negative, and you may be detached from your responsibilities. You may spend more on purchasing worthless stuff, which may increase negativity in the house or office. You are advised to keep an eye on your opponents and rivals; otherwise, you may be a victim of a conspiracy. It is advised to read documents carefully before submitting your signature.

Libra Sep 24 – Oct 22
Today, you are blessed by the moon, and you may enjoy your family and professional life. You may become polite with the people around you, which may help in the smooth completion of your work. You may find some new sources of earnings, which may boost your savings. You may also plan to renovate your house or office.

Scorpio Oct 23 – Nov 22
Today, you are blessed by a positive moon. You may enjoy working and receive rewards for your hard work. Your social respect may be increased now. Overworking your mind may make you tired, and due to the workload, you may not be able to attend some family events. Chronic health issues related to your parents may be cured now.

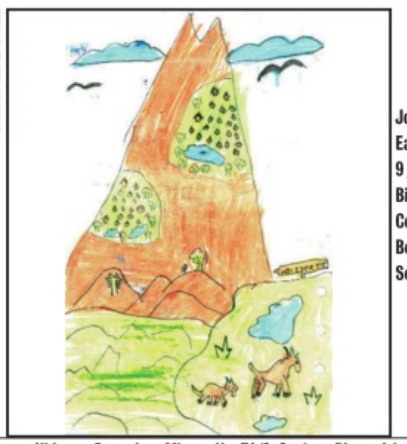
Sagittarius Nov 23 – Dec 22
Today, you are blessed by a positive moon, which may help you be satisfied with your work. You may plan for a short work-related trip. You may also visit some religious places to maintain your inner peace. Your elders may likely show you the right path, which may give you clarity regarding your goals.

Capricorn Dec 23 – Jan 20
Today, your moon is negative, which may make you feel dull. It is advised to keep your mind cool and think twice before you act in every situation. You may travel, and you may recover or lose your money. But you are also advised to avoid going on an adventure tour. Students are advised to go for in-depth study to achieve success.

Aquarius Jan 21 – Feb 19
Today, you are blessed by a positive moon; you may feel good, and domestic harmony may make you happy. You may meet some influential people who may help you get some benefits on the job front. You may perform well in your job, and you may expect some rewards in terms of promotions. Disputes over inherited property are likely to settle.

Pisces Feb 20 – Mar 20
Today, you are blessed by a positive moon; you may be healthy and may be able to focus on your goals. Your performance may be very good at work, which may please your boss, and you may get some important responsibilities at work. You may hear good news in any legal matter. You are likely to control your opponents and business rivals.

KIDZONE



Jonas Eapen, 9 years, Bishop Cotton Boys' School

Ananya Mariya Joy, 8 Years, Podar International School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
= 100/(24+16+10)*6
= 100/50*6
= 2*6 =12

RIDDLER A pillow

BULL'S EYE
emir, mesh, mime, mire, miser, SHIMMER, slimmer

FAST FIVE

P	A	T	E	S
M	I	N	C	E
I	D	E	A	L
H	E	L	L	O
C	R	O	P	S

STRIKE OUT

T	R	E	A	T	S		P	O	P	E	Y	E		
I		C		S	K	I		C	R		L			
E	M	E	T	I	C		R	E	R	E	A	D		
C		E		G	A	Y	A			P		A		
E	Y	R	E		J	O	H	N		U	F	O		
D	E	G	A	S		B	E	A	S	T		N		
N		L	O	Y	A	L	T	Y		B				
N		S	A	D	A	T		P	A	E	A	N		
O	D	D		A	S	T	I		L	I	F	E		
S		A		S	A	R		R		D		S		
T	A	M	A	L	E		L	E	A	D	E	N		
C		O		I		L	A	G		A		A		
A	N	N	U	L	S		D	E	A	C	O	N		

QUICK

						S	E	T	S	F	R	E	E	
					Y		Y		D		A		L	
N	O	V	E	M	B	E	R		E	B	B	S		
				O		K		E		A		P		
F	R	E	N	Z	Y		U	N	S	U	N	G		
				O		B	U	G					E	
A	D	A	M	S					W	Y	A	T	T	
			E		L	A	G		P					
P	L	A	S	M	A		N	A	P	A	L	M		
		Z		E		H		I		O		U		
A	Z	A	D		P	A	D	D	L	I	N	G		
U		O		M		I		S		N				
P	U	B	L	I	C	A	N					A		

MENSA PUZZLE
D: the first three circles change places with the last three circles.

QUOTE UNCODE
There is no remedy for love but to love more.

SUDOKU

2	6	4	1	8	5	9	3	7
3	5	8	7	2	9	4	1	6
9	7	1	3	6	4	5	2	8
5	1	9	2	7	8	6	4	3
7	8	6	4	5	3	2	9	1
4	3	2	9	1	6	8	7	5
1	4	5	8	3	2	7	6	9
8	2	3	6	9	7	1	5	4
6	9	7	5	4	1	3	8	2

GO FIGURE
Easy
4 + 9 + 2 + 5 = 20
Medium
7 x 6 + 2 + 6 = 50
Hard
8 - 2 + 6 - 2 = 10

ALPHA TRIANGLE
H, Ah, Hat, Heat, Death, Hatted, Fathead.

LOOP

KAKURO

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 # Off for the premiere
Actor Sikandar Kher is all set for the premiere of his first Hollywood film, 'Monkey Man'. The movie is scheduled for a premiere at the Grauman's Chinese Theatre followed by its release in the US

HOW GREEN WAS MY CITY

Malaika talks about importance of having green patches

Malaika Arora has been living in Bandra in Mumbai for many years. Like other parts of Mumbai, this part of the city too is seeing rapid development. From the construction of concrete roads to redevelopment of housing societies, the activities have made the city too chaotic.

Talking about the same, Malaika says, "In terms of development, all this is great. However, Bandra has some kind of an old-world charm, which now I feel is the thing of the past. It's become more of a bustling town where construction is in full swing. I am a true-blue Bandra girl and it makes me sad to see the city lose its real essence."

Recently seen on Jhalak Dikhlaa Jaa 11, Malaika continues saying, "I am all for infra, development and progress, but I do miss the good old days where none of all this craziness was there. It's becoming a concrete jungle now. Bandra is one of those few places in Mumbai where you see those cute settlements and green patches. I would urge everyone that we should maintain the greens and

every time you are building something by cutting trees that many trees should also be planted somewhere. You need to save your ecosystem too."

— ETimes

Keeping it cool

Sara Ali Khan on Thursday shared a glimpse of herself applying icing to her face, while she takes a 'long drive' for the shoot of her upcoming film 'Metro... In Dino'.

The young diva was recently seen in two projects 'Murder Mubarak' and 'Ae Watan Mere Watan', that have been released on OTT platforms.

Taking to Instagram stories, Sara, who enjoys 45.3 million followers, shared a boomerang video of herself sitting in a car, wearing a yellow top.

The actress captioned it: "#shootday". The other story shows the 'Kedarnath' fame actress doing an ice facial. She is seen rubbing an ice cube under her eye and across her face to reduce puffiness.

The video is captioned: "It's clearly a long drive... @anuragbasuofficial #traffic Kya karein? Ab yeh hi hai Metro InDino."

Sara gave the music of the popular track 'Bholi Si Surat' from the Shah Rukh Khan, Madhuri Dixit, Karisma Kapoor-starrer 1997 film 'Dil To Pagal Hai'..

— IANS

Jazz like that

A while ago, fans were in for a treat, as it was announced that Sanjay Leela Bhansali is set to make his next film with Ranbir Kapoor, Vicky Kaushal and Alia Bhatt in lead roles. It's titled 'Love And War'. Reportedly, the film is a love triangle set in the times of war and it reportedly plays homage to Raj Kapoor, Vyjayanthimala and Rajendra Kumar's 'Sangam'.

Now as per a latest report, Alia will play a jazz singer in the movie! According to Peepingmoon.com, all the three actors play complex characters going through emotional turmoil and complicated circumstances.

And while the details of the male lead characters are still not known, Alia is set to play a jazz singer in the film.

Reportedly, Alia is quite excited to play the part as it comes after she's sung for her movies in the past. This could also be the most complex character in her filmography! The prep of the movie has begun already and it's expected to go on floors in November-December. Meanwhile, the makers are planning to release the film on Christmas 2025.

At the moment, Alia has just wrapped up 'Jigra' which she has also produced. Reportedly, she plays a sister on a mission to protect her brother in this Vasan Bala directorial. She will also be seen in YRF's Spy Universe.

Meanwhile, Ranbir is expected to finish shooting for 'Ramayana' before he moves to 'Love And War'. .

— ETimes

Third home, sweet home

Actress Raashii Khanna, who is receiving a lot of positive response to her work in the recently released film 'Yodha', has purchased her third home in Hyderabad.

The actress, along with her family and friends, travelled to Hyderabad for the housewarming ceremony.

In the pictures, the actress can be seen performing the housewarming in an Indian outfit. She is accompanied by her mother and some of her close relatives. She earlier purchased two houses in Hyderabad, one in 2015 and another in 2017.

Meanwhile, on the work front, the actress is gearing up for the release of 'The Sabarmati Report', which sees her sharing the screen space with Vikrant Massey.

The teaser of the film, which was released recently, gives a glimpse of what transpired behind the Godhra train tragedy.

It offers a peek into the "unknown facts" that had been "hidden" for 22 years since the incident took place in February 2002.

In the teaser, Vikrant is seen as an investigative journalist. Earlier, The makers had released a video as a homage to those who lost their lives in the Godhra train burning incident. The film is directed by Ranjan Chandel.

— IANS

SANDALWOOD SHOTS

Y MAHESWARA REDDY

All smiles!

As his name suggests, director Smile Seenu has every reason to smile about his association with Telugu movie director Puri Jagannath. Even as Smile Seenu has been busy with the script work of his latest movie Myra, a photo of his with director Puri Jagannath was released a few days ago.

"I met director Puri Jagannath. We have discussed our tie-up for the movie Myra which is to be made in Kannada and Telugu and to be dubbed in other languages. As of now, nothing is finalised. I will reveal the details of our tie-up in a few days," he said.

Seenu has handled megaphone for Kannada movies Toofan, Ballary Darbar, 18 to 25, and O My Love that was released last year and screened for more than 50 days at Vinayaka Theater. His other movies are famous on OTT platforms. He is also familiar with Telugu film industry.

"Now content-oriented movies are ruling the roost in Sandalwood. Directors and technicians of the Kannada film industry are making it big in other film industries. Myra will be a different flick with a potential to cater to the needs of the present generation. It will have well-known actors. Apart from Myra, I am assigned to helm two more movies," he said.

Double role

Ranadheer from Ballari is playing a double role as director and hero for the movie Raja Rani. Prior to this, Ranadheer has acted in three Kannada movies and one Tamil movie.

"I have acted in a Tamil movie Puthiya Varugal and also three Kannada movies. Now, I am playing the lead besides helming the movie. Yogesh makes a special appearance in Raja Rani. I play an orphan in the movie," said Ranadheer.

The team of Raja Rani has organised an event to release the trailer and soundtrack of the movie at Renukamba Preview Theater at Malleswaram recently. Former chairman of Kannada Madhyama Academy Sadashiv Shenoy, social activist Krishna Murthy, and actress Adhvithi Shetty graced the function.

"The trailer of the movie looks promising. Though some of the actors are newcomers, they have acted like experienced actors. Newcomers have to work hard to establish themselves as actors in Sandalwood. I was also a newcomer when I made my debut in Sandalwood. Recently, my movie Dheera Samrat successfully completed 25 days of screening at a few theaters," said Adhvithi Shetty.